



## Eating disorders

### WHAT ARE EATING DISORDERS?

There are two types:

- People with *anorexia nervosa* think they are fat. They almost stop eating because they want to be thin. Often they are under the normal weight for their size. They always think about calories, make excuses for not eating, or eat very small amounts and do a great deal of exercise. Some use laxatives or diuretics to help them lose weight and others make themselves vomit after eating. If anorexics don't get help they may become so ill that they die. But people like Kate Moss have found help and have gone on to have healthier lives and successful careers.
- People with *bulimia* eat large amounts of food quickly, usually when they are alone. This is called bingeing. After bingeing, they make themselves vomit. Like anorexics, they may exercise too much and use laxatives and diuretics. Princess Diana got over her problem with bulimia and wanted to help others with eating disorders.

### WHY DO PEOPLE HAVE EATING DISORDERS?



When people are unhappy and they want their problems to disappear, they should talk to their family or friends or go to their doctor. But some people use alcohol, or drugs, or begin to have eating disorders. Often these people are unhappy about their appearance. They think, "If I were thinner, I would be happier." Maybe there are other things they can't control in their lives. One thing they can control is the amount of food they eat and the weight they lose.

Usually these people wear a happy face and don't talk about their feelings, so the disorder gets worse.

### **Comprehension:**

#### **A) Answer these questions.**

- a) Can you name some famous people who have or had an eating disorder?
- b) Have you any idea about what might have caused the disease?
- c) Do you think that eating disorders are a new health problem? If so, why?

#### **B) Choose the correct definition for each word.**

##### **Calories**

- a) a unit for measuring the amount of energy that food will produce.
- b) A unit for measuring a person's weight
- c) A unit of counting food.

##### **Laxatives**

- a) a medicine to help you sleep better.
- b) A medicine or a piece of fruit to help you calm down.
- c) A medicine or something that makes you go to the toilet

##### **Diuretics**

- a) a substance which makes the hair easier to comb.
- b) A substance that increases the flow of urine
- c) A substance which helps you diet

#### **C) The following sentences are wrong. Transform them into correct statements according to the text.**

- a) If a person has a problem, he or she should turn to alcohol or drugs for support.
- b) You can always tell that person has an eating disorder just by looking at her face.

